

(2) If your second fortnight begins with a wrong nadi, you will be suffering from cold and allied ailments.

(3) If during the two fortnights, wrong nadi flows at sunrise, you will have bereavements of your nearest and dearest.

(4) If the wrong nadi flows during three consecutive fortnights Death will overtake the man,

### How to avert the impending dangers :

We can avert the evil of any degree by diverting the wrong nadi and inducing the correct one.

### The different ways of changing the Nadies :

(1) *By Yoga Danda* : The Yogies use this method. They carry the Yoga Danda always. If you want to change your nadi from the left to the right, you simply insert the Yoga Danda in your left armpit and sit for some time. In a few minutes you begin to breathe through your right nostril. If you want to change your Pingala, and get your Ida, insert the Yoga Danda in your right armpit. Your Ida will be induced in a few minutes. By following the principle of opposite sides, keep the yoga Danda in the left armpit for inducing the right nadi and for inducing the left nadi, keep the Yoga Danda in the right armpit.

(2) *Insertion of Knee* : You can extemporise your knee as a Yoga Danda as it may not be possible to carry your Yoga Danda into your office. You dare not, I am sure. In order to induce your Ida, you can sit in your chair, your desk screening you from your officer, shoving your right knee in your right armpit. To induce your Pingala, insert your left knee in your left armpit.

(3) *Lying Posture* : If you lie on your left side, your right nadi is induced. It takes just two or three minutes to change the course of your nadi. If you lie on your right side, your Ida is induced.

(4) *Ardhamatyendra Asana* : Besides achieving your object, you will indirectly reap other cultural benefits of this Asana. The technique of this asana is given below in counts.

*Starting Position* : Sitting cross-legged in the Indian fashion.

*Count One* : Stretching your legs forward.

*Count Two* : Raising the left knee slightly making a bridge and placing the right heel below the anus bending the right leg sideward at the knee joint.

*Count Three* : Depositing the left foot by the side of the right thigh and pressing the left thigh to the abdomen.

*Count Four* : Inserting the left knee in the right armpit and twisting the trunk and catching hold of the left ankle with the left hand passing over the back. Retain the position for a few minutes. Your left nadi is induced. To induce the right nadi perform the alternate. This method is not intended for stout and fatty people.

(5) *Mechanical Obstruction* : You can block the wrong nadi by wax or cotton.

If you find that a wrong nadi is running in you, you can make use of any one of these five methods and change the course of your nadi, correct it with reference to the chart and thus avert the impending ailment or calamity.

### How to Induce the Sushumna :

*Bastrika Pranayama* : Rapid, powerful and forcible expirations and inspirations resembling the action of the bellows, constitute Bastrika Pranayama. Seat yourself comfortably in Padma Asana and practise it. It is very simple. Begin to expel the air from the lungs with a hissing sound and take in deep breaths. You begin to perspire after some time and both your nostrils will be cleared and you will breathe freely through both of them. Now you have got Sushumna.

(2) *Paschimottana Asana* : This is also very simple, provided you have no fat about you. Lie flat on your back, arms stretching backward horizontal. Take a deep